



6 VOLLEYBALL CONDITIONING DRILLS

LET'S GET READY!

01



JUMP ROPE

02



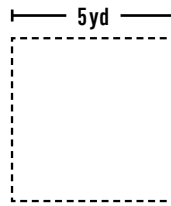
12" BOX

03



MINI HURDLES

04



OPEN SPACE

05



DUMBBELLS

06



AB WHEEL

DRILL 01

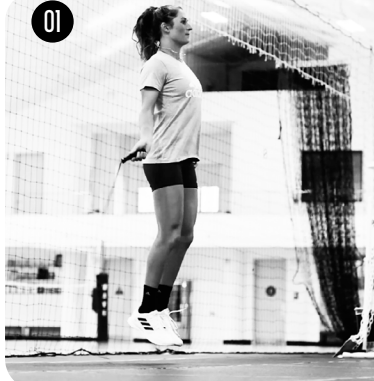
JUMP ROPE SERIES

PROGRESSION 01: 20 Single under jumps

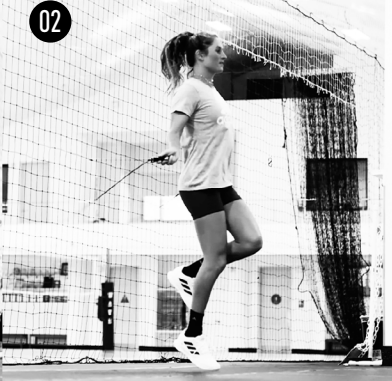
PROGRESSION 02: 20 Single leg jumps

PROGRESSION 03: 5-10 Double under jumps

01



02



03



50 JUMPS



6 VOLLEYBALL CONDITIONING DRILLS

DRILL 02

ALTERNATING BOX BLASTS

- 01 Split stance, one foot on the box
- 02 Start with slow jumps to gain balance, then increase speed
- 03 Focus on balance and explosiveness off the ground



4 SETS, 8 REPS
PER LEG

DRILL 03

MINI HURDLE SERIES

- 01 Do single jumps over the hurdle
- 02 Start slow, then do continuous jumps over the hurdles
- 03 Straighten legs at the top of each jump



4 SETS, 10-20 REPS

DRILL 04

LATERAL BOUND SERIES

- 01 Start on left leg with right leg up. Bound to the right side
- 02 Go slow, aiming for max height. Then go faster
- 03 Focus on exploding off your leg and gaining height



4 SETS, 10 REPS
PER LEGS

DRILL 05

DUMBBELL RENEGADE ROW

- 01 In a push-up position, pull one weight up and lower it down
- 02 Alternate arms each time
- 03 Keep hips stable and core engaged



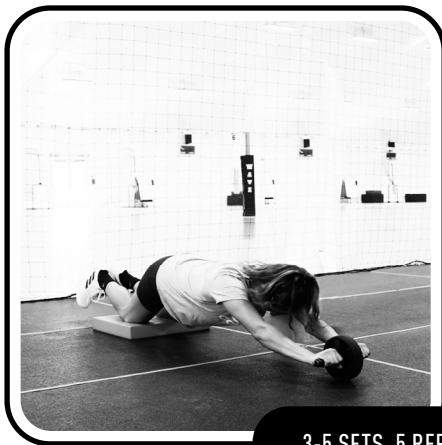
3-5 SETS,
5-10 REPS PER ARM



6 VOLLEYBALL CONDITIONING DRILLS

DRILL 06 AB WHEEL

- 01 Kneel, grip ab wheel on the ground and slowly roll out
- 02 Keep the wheel under shoulders until torso is fully extended, then extend arms
- 03 Keep back straight and core engaged



3-5 SETS, 5 REPS

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GREAT JOB!